

# **Mental Health Awareness Morning**

**All Saints' Church Centre**

**Grange Road, Eastbourne**

**21<sup>st</sup> March 2020**

**9.30am – 1.30pm**

An opportunity for churches to develop a greater understanding of mental health issues in adults and children and how to appropriately support members of the church family who have mental health challenges.

- Ian Soars CEO of Fegans will be talking about mental health problems in children and young people.
- Elle Weaver Mental Health and Wellbeing Facilitator for Together in Sussex will be talking about adult mental health.

There will be opportunity to ask questions and discuss issues raised with the aim of increasing understanding and taking this knowledge back to your churches to plan the next steps and put new ideas into practice.

To book your place please contact

Hilary Dale, Church Administrator, All Saints' Church

**01323 732823** or email [admin@allsaintseastbourne.com](mailto:admin@allsaintseastbourne.com)